

# THE DAILY VITAMIN

## Important Phone Numbers:

**Clinic Pharmacy**  
Tel: (813) 827-9300  
M-F: 0700-1630 pm

**PharmaCARE Center**  
Tel: (813) 828-2226  
M-F: 0830-1700 pm

**Drive Thru-Refill  
Pick-Up Center**  
Tel: (813) 827-6764  
M-F: 0830-1700 pm  
S: 0900-1200 pm

**Brandon Pharmacy**  
Tel: (813) 827-9736  
M-F: 0730-1700 pm

**Call-In Refill System:**  
(813) 828-5367 or  
(800) 272-0201

-or-

TRICARE Online(TOL):  
[https://  
www.tricareonline.com](https://www.tricareonline.com)

All Pharmacies will be  
**CLOSED** for Training  
Day:

23 Mar 15  
20 Apr 15  
18 May 15  
15 Jun 15  
20 Jul 15

All Pharmacies will be  
**CLOSED**:

22 May 15  
25 May 15  
02 Jul 15  
03 Jul 15  
04 Sep 15  
07 Sep 15



## Spring/Summer Sunshine Skin Care

Days are getting longer, weather is getting warmer, and weekends are filled with beach days and time in the sun! Skin is your body's most prominent organ, so it is essential that you take care of it. The sun's UV rays can wreak havoc on skin, and while the bright rays may feel sensational, there can be long term effects.

According to the American Academy of Dermatology, 1 in 5 Americans will develop some form of skin cancer during their lifetime. Excessive sun exposure can also lead to premature aging of the skin, wrinkles, dryness and age spots.

What's the best way to avoid this trouble? Block the harmful rays of the sun! Besides sitting in the shade or limiting the amount of exposed skin, sunscreens are the most common and most effective way to protect your skin and keep it healthy. But, what sunscreen is the best? Do you need broad spectrum? What SPF should you get? Is this sunscreen really

### **SPF 15 or higher for UVB protection:**

SPF factor rates how effective the sunscreen is in preventing sunburn caused by UVB rays. If you normally burn in 10min, SPF multiplies that by a factor of 15, meaning you could go 150 min without burning. Generally SPF 15 is fine, however, if you have very fair skin or family history of skin cancer, consider SPF 30.

### **UVA protection:**

There is no rating to tell you how effective a sunscreen is at blocking UVA rays. The key is to look at the ingredients. For UVA protection, look for a product with one of the following: **ecamsule, avodenzone, oxybenzone, titanium dioxide, sulisobenzene, or zinc oxide.**

Sunscreens labeled as "Broad Spectrum" will protect against both UVA and UVB rays.

### **Water and sweat resistance:**

If you are going to be exercising or in the water, a water/sweat resistant sunscreen is a good choice. If a product is "water resistant", its SPF levels will stay effective after 40min in the water. "Very water resistant" means it will stay effective after 80min in the water. There is no longer any products labeled as "water proof".

### **E-prescriptions Now Accepted**

Want to avoid waiting at the pharmacy for your prescription? PharmaCARE now offers an "E-prescribing" (electronic prescribing) service for our patients. E-prescribing is the computer-based electronic generation, transmission, and filling of a prescription that replaces paper and faxed prescriptions. E-prescribing allows the providers to electronically transmit a new prescription or renewal authorization to the pharmacy. When you see your off base provider, request to have them "E-prescribe" your new prescriptions to the address "DOD-MacDill EPHCY". If PharmaCARE receives the E-prescription BEFORE 1200, it will be ready for pick up on the following duty day. If the E-prescription is received AFTER 1200, it will be ready for pick up in 2 duty days. This is not a new "requirement", and we will continue to accept traditional paper prescriptions as well as faxed prescriptions.

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## Formulary Updates How Do I Properly Dispose of Expired/Unused Medications?

### Additions:

Epiduo 0.1%/2.5% Pump Gel  
Apixaban 2.5mg & 5mg  
Bisoprolol 5mg & 10mg  
Bromfed-DM syrup  
Cortisone Acetate 25mg  
Vicodin 7.5/325mg/15mL  
Midrin  
Linzess 145mcg & 290mcg  
Lithium 150mg  
Namenda XR 14mg, 21mg, and 28mg  
Delzicol 400mg DR cap  
Vimovo 375/20mg & 500/20mg  
Brisdelle 7.5mg  
Effient 5mg & 10mg  
Vivelle-Dot 0.025, 0.0375, 0.05, 0.075, & 0.1mg patches  
Witch Hazel Pads

### Deletions:

Epi-Duo Gel 45Gm  
Fosamax Plus D 70mg/2800units & 70mg/5600units  
Symbicort 80/4.5mg & 160/4.5mg  
Dymista 137/50mcg  
Levemir 100U/mL Flex Pen  
Asacol-HD 800mg DR tab  
Asmanex 110mcg & 220mcg  
Nasonex 50mcg  
Dulera 100mcg/5mcg & 200mcg/5mcg  
Actonel 5mg, 35mg, & 150mg

The Pharmacy welcomes your ideas and suggestions on how we may improve our services.

You can take your prescription and OTC medications to any of our disposal drop boxes conveniently located in the Main Clinic Pharmacy lobby, PharmaCare lobby, Brandon Pharmacy, and the Dining Facility

### **REMINDER:**

1. Medications must be in their origi-

nal containers

2. Remove or mark out personal identifying information from the container
3. Wrap liquids in a paper towel or other absorbent material and place in a sealed plastic bag
4. NO syringes or sharps



## Transferring Prescriptions Made Easy

Transferring your prescriptions to the MacDill AFB pharmacy is quick and easy. Simply, give us your prescription information and we'll take care of the rest. Our pharmacies can transfer your prescriptions (both controlled and non-controlled) to our pharmacy from any civilian or Department of Defense phar-

macy upon verification from the original pharmacy. Prescription transfers to MacDill AFB are worked during normal duty hours and may require up to three working days to complete. If needed, an emergency supply of non-controlled medications may be provided so you don't miss

any doses. So if you and your family have just moved here from another base or if you are just visiting for a few months, we can take care of your pharmacy needs. For more information on transferring your prescriptions to us, talk to one of our helpful staff members.

## What Pharmacy Does What???

Are you unsure of where to go when you have a prescription to pick up? Maybe this will help....

### HOSPITAL/CLINIC:

All provider entered prescriptions at the hospital/clinic including SOCOM.

### PHARMACARE:

All civilian prescriptions from a civilian provider; paper or faxed.

### REFILL PHARMACY:

Any prescription you call in to be refilled and you selected to pick up at the drive thru refill pharmacy at MacDill AFB.

### BRANDON:

All provider order entry prescriptions from a Brandon clinic provider, Any refills that you called into the automated system and you selected to pick up at Brandon clinic pharmacy.

## Stay Up to Date-Anywhere, Anytime

Be the first to know what's going on at the MacDill AFB pharmacy. Get up to date information on our services, medication formulary and hours of operation. In addition, you will find links to various websites that will assist beneficiaries in maximizing their pharmacy benefit, to include TRICARE and Express Scripts.



- Find us on the web! <http://go.usa.gov/pml>
- Follow us on Facebook! 6<sup>th</sup> Medical Group Pharmacy